CHHOTI CHHOTI BATEIN

AUGUST 2000 VOL.2 NO. 5

INSIDE THIS ISSUE

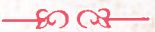
How little it costs	1	Reckless or Daring	9
Horse Sense	2	Sharpen the axe	10
How to be happy	3	All over nothing	11
A Promise as a gift	5	Health file	12
Profile	7	Food luck!	13
Reinvent Life	8	News: To lead a better life	19

HOW LITTLE IT COSTS

How little it costs, if we give it a thought,
To make happy some heart each day!
Just one kind word or a tender smile,
As we go on our daily way.

Perhaps a look will suffice to clear
The cloud from a neighbour's face;
And the press of a hand in sympathy
A sorrowful tear efface.
One walks in sunlight, another goes
All weary in the shade;
One treads a path that is fair and smooth;
Another must pray for aid.

It costs so little, I wonder why
We give it so little thought;
A smile, a kind word, a glance, a touch –
What magic by them is wrought!



Publisher / Printer	:	Shoaib S. Ranalvi Tara Mahal,5th Road, Khar (W), Mumbai - 400 052
Owner's Name	:	Source Publishers Pvt Ltd
Printing Press	:	Jagruti Printing Press Trimurti, 91-C Tatya Gharpure Path, Girgaum, Mumbai - 400004
Compiled by	:	Shoaib S. Ranalvi

Copyright©2000 by **Source Publishers Pvt. Ltd.** All rights reserved.

HORSE SENSE

In a small village a young man was accused of stealing a horse and saddle. Police and witnesses said they saw him strolling along the street, carrying the saddle, with the horse following closely behind.

In court however, the man said he didn't quite see it that way.

'Yes, I took the saddle,' he admitted, 'but the horse – well – he just sort of likes me and follows me because I give him sugar.'

I long to accomplish a great and noble task but it is my chief duty to accomplish small tasks as if they were great and noble.

(Helen Keller)

HOW TO BE HAPPY

Happiness is something each of us has to define and seek out for ourselves.

Steps:

1. Figure out what is important to you in life. For example: Do you value a certain kind of job, material things, a relationship, time alone, time with others, time to relax, time to be creative, time to read, time to listen to music, time to have fun? These are just a few of the possibilities.
2. Think about times when you have felt happy, good or content. Where were you? Who were you with? What were you doing, thinking or feeling that made you feel happy?
3. Decide to make more time in your life to do more of what is important to you and makes you feel happier. To be happy, you have to make happiness a priority in your life.
4. Start with little things and work up to bigger ones. Little things might be reading for 15 minutes; taking a walk; calling a friend; or buying great-smelling soap, shampoo, candles or tea that you will enjoy every time you use it.
5. Focus on what is positive about yourself, others and life in general instead of dwelling on the negative. In a journal, write down as many positive things as you can think of. Keep it handy to read over, and continue adding to it.
6. Appreciate what is working in your life right now. In the major areas of your life, such as your health, job, love life, friends, family, money and living situation, what is going well?

Tips:

- Ask other people, "What makes you happy?" or "What is something that makes you feel good?"
- It's OK to ask for professional help. Talk to someone like a psychotherapist, career counselor, or spiritual advisor (minister or teacher) to help you sort out what would make youhappy.
- Read books on the subject of happiness. Wise people have been writing about it for hundreds of years. In the bookstore, look under psychology, spirituality or philosophy.

by Helen Schneider, M.A., M.F.T.

TURNING OUR DREAMS INTO REALITY

'My high school was small,' said Dolly Parton. 'So during the passing out ceremony, each of us got a chance to stand up and announce our plans for the future. 'I'm going to University,' one boy would say. 'I'm getting married,' a girl would follow. When my turn came, I said, 'I'm going to become a star.' The entire place erupted in laughter. I was stunned. Somehow, though, that laughter instilled in me an even greater determination to realize my dream. Sometimes it is funny the way we find inspiration. I might have crumbled under the weight of the hardships that were to come, had it not been for the response of the crowd that day.

Dolly Parton in '*Dolly*

A PROMISE AS A GIFT

There was one aggravation that had persisted during our marriage. Perhaps because of my naval training, punctuality has been almost an obsession.

Rosalynn has always been adequately punctual, except as measured by my perhaps unreasonable standards. All too frequently, a deviation of five minutes or less in our departure time would cause a bitter exchange. For 38 years it had been the most persistent cause of dissension between us.

On August 18, 1984, I went into my study early in the morning to work on a speech and turned on the radio for the news. When I heard what the date was, I realised that it was Rosalynn's birthday and I hadn't bought her a present. What could I do that would be special for her without a gift?

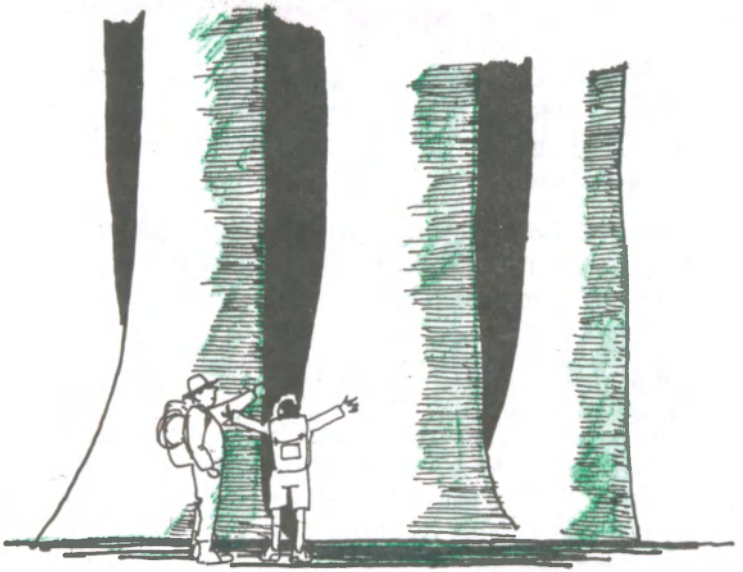
I hurriedly wrote a note that was long overdue: 'Happy Birthday! As a proof of my love, I will never again make an unpleasant comment about tardiness.' I signed it, and delivered it with a kiss.

I am still keeping my promise and it has turned out to be one of the nicest birthday presents in our family's history - for Rosalynn and me.

Jimmy Carter in *EVERYTHING TO GAIN*

'In Chhoti Chhoti Batein we found G.G.B.
"गहरी गहरी बातें" ("Gahri Gahri Batein")
- Dr. B.M. Raturi M.D. Jaipur

SUPPORT RENDERED AND RECEIVED



While on a tour of California's giant sequoias trees, the guide pointed out that the sequoia has roots just barely below the surface. 'That's impossible!' I exclaimed. 'I'm a country boy, and I know that if the roots don't grow deep into the earth, strong winds will blow the trees over.'

'Not sequoia trees,' said the guide. 'They grow only in groves and their roots intertwine under the surface of the earth. So, when the strong winds come, they hold each other up.'

There's a lesson here. In a sense, people are like the giant sequoias. Family, friends, neighbours, and other groups should be havens so that when the strong winds of life blow, these people can serve as reinforcement and can strive together to hold each other up.

Lewis Timberlake in *Timberlake Monthly*

PROFILE

LATA MANGESHKAR

Born in 1928, Lata started singing at the age of fourteen. She was forced to earn for the family as her father and Guru, Dinanath Mangeshkar, died when she was very young leaving the family penniless.

But ever since she sang her first song, Lata has become a phenomenon. In the fickle world of films and music, she has firmly held her own firmly at the top.

Hers is an ageless voice – pure, vibrantly alive, untrammelled in its range and flexibility, hauntingly expressive and enchanting in its sweetness.

Lata Mangeshkar brought to the film world, her rigorous training in classical music. It helped her understand exactly what music directors wanted, and gave her voice a consistency and flexibility most others lacked.

But she always sang on her own terms, never allowing herself to be forced into singing what she did not want to, neither in live concerts nor for films. Film songs reached new heights thanks to her mellifluous voice. For generations to come, singers will be judged by the standards she set.

RIDE THE STORM

Three hundred years ago a prisoner, condemned to the Tower of London, carved on the wall of his cell this sentiment, to keep up his spirits during his long imprisonment;

It is not adversity that kills, but the impatience with which we bear adversity.'

Rebelling against difficulties or obstacles that cannot legitimately be avoided only makes a bad situation worse. Ordinary common sense recommends that we ride the storm not buck it.

REINVENT LIFE

Fifteen years ago, Rashmi Jha, then a doctor at an Ayurvedic dispensary near the Union Carbide factory, woke up wheezing, coughing, gasping for breath and vomiting as MLC leaked into the Bhopal atmosphere. Subsequent medical examination revealed extensive damage to her lungs and debilitated motor functions. She was told that she had no chance of surviving for long.

A couple of years later, a fellowship from the Chinese government took her to that country to study medicine. After a one-year course in the Chinese language, she enrolled for a course in Chinese medicine at the University of Gaunzhau. While studying, she subjected herself to the Chinese method of treatment, which included consumption of turtle soup, practicing taichi and shadow boxing in freezing temperatures.

Rashmi Jha not only cured herself but also returned to Bhopal to serve thousands of others with a similar fate. 'The gas tragedy came as a blessing in disguise,' she said.

What is her message to the thousands who live in despair? Jha offers a Chinese solution: 'Smile, Smile and Smile and become ten years younger.'

RECKLESS OR DARING

Three bus drivers were applying for a job in the Kumaon Hills. After their references had been checked, this question was put to men: 'How safely could you drive a bus around a sharp hill-curve over a deep precipice?'

The first man said that he could drive within a foot of the outer edge and do so with complete assurance.

The second man stated firmly that he could do better than that. He could drive the rim of the wheel half over the edge with ease. He could gauge, he said, the width of the bus down to the smallest fraction.

The third man used a different approach: 'I don't know how close I could get to the edge,' he said hesitantly, 'but I'd keep as far away from it as I could.'

The third man got the job!

SHARPEN THE AXE

Two men cut wood all day long. One worked straight through, without stopping to rest. At the end of the day he had a sizeable pile of logs. The other would chop for 50 minutes and then take a ten-minute break. At the end of the day he had a much larger pile. 'How could you chop more than me?' asked the man who'd worked continuously. His friend replied, 'When I stopped for rest, I also sharpened my axe.'

Thomas Welch in *Baptist Bulletin Service*

Stand through life firm as a rock in the sea, undisturbed and unmoved by its ever-rising waves.

(Hazrat Inayat Khan)

WE FIND WHAT WE LOOK FOR

Both the hummingbird and the vulture fly over deserts. All vultures see is rotting meat, because that is what they look for. They thrive on that diet,but the hummingbird looks for the colourful blossoms of desert plants.

Vultures live on what was. They live on the past. They fill themselves on what is dead and gone. But hummingbirds live on what is. They seek new life. They fill themselves with freshness and life.

Each bird finds what it is looking for. We all do.

ALL OVER NOTHING

Gopal Singh carefully planned his escape from prison. For months he waited for the day when he could make his break. The day came – and he made it! But his freedom was short-lived. Soon after, he was picked up and returned to prison.

When Gopal Singh was asked the reason why he ran away he said, 'the warden hurt my feelings.'

It is amazing to what length people will go just because of a thoughtless word!

Chhoti Chhoti Batein is an ideal birthday gift.
Circulate Chhoti Chhoti Batein to your family.
Specially to young members

AMLA

For better vision and vitality: The intake of fresh juice of amla with honey.

For diabetic patients: Amla juice taken regularly can stimulate insulin secretion.

For premature hair greying: Amla chopped into small pieces, dried in the shade and boiled in coconut oil till thick like a paste. Apply to hair to prevent greying and to tone the hair.

NATURAL REMEDIES

Dried peels of lemons and oranges can be used beneficially to give lustrous hair.

The juice of celery leaves helps to grow long and lustrous hair.

Juice of raw skin helps to clear blemishes.

Pimples disappear without scars when rubbed with garlic several times a day.

WHY BE A VEGETARIAN

- Vegetarians have lower average blood cholesterol and therefore a reduced risk of coronary artery disease.
- They have a lower risk of obesity and suffer fewer digestive problems.
- Their risk of adult onset diabetes and gallstones is reduced.

➢Research shows that they have a lower risk of some forms of cancer, especially of the colon, breast and lungs. However, they also warn that if vegetarians also smoke, are sedentary or have other bad health habits, the benefits could be cancelled out.Vegetarians have lower average blood cholesterol and therefore a reduced risk of coronary artery disease.

FOOD LUCK!

There are many superstitions connected with food. Here are some of them from different countries of the world:

- It started in ancient Greece, but continues even today – the spilling of salt is considered most unlucky, unless you quickly take a pinch and cast it over the left shoulder, right into the devil's face!
- For many years, Europeans have used garlic as a charm against the evil eye.
- In Japan, during the festival of Setsuben, beans are scattered in dark corners and entrances of the home to drive out evil spirits.
- The ancient Egyptians thought onions kept evil spirits away. When they took an oath, they placed one hand on an onion.
- Many Europeans believe even today that the best cure for rheumatism is to carry a potato in the coat or trouser pocket.

- In the southern part of the US, black-eyed peas are eaten on New Year's Day for good luck.
- Leaving bread and coffee outside a house, it is believed even today, prevents ghosts from calling, in some countries of the West.
- In India, the lemon is used to ward off evil spirits.

MANAGING TIME

- Don't put something somewhere 'just for now.' Have a specific place for every item and keep it there.
- When you receive an invitation, write the date on the calendar and throw away everything but the directions.

4 F – WORDS

The most used words by management gurus are:

- Fast
- Flexible
- Focused
- Friendly

Use these words to evaluate your performance and behaviour.

WORTH REPEATING

Dante, the great-hearted, large-minded exemplar of all that was bright and good in the medieval age, once described the purpose of his writing in these beautiful words:

'...I am the man who, when Love lectures in the heart, takes notes, and then retells the lessons to the rest of men.'

IN BROAD DAYLIGHT

During a court session in Vienna, two thieves posing as workmen, boldly carried a ladder into the courtroom and then proceeded to remove a clock from the wall. The judge, annoyed by the disturbance, asked if their business could not wait till the court proceedings were over.

'Sorry,' the men said, 'but we have orders to take it right away.'

After they had finally taken the clock from the wall, they begged the judge's pardon for the interruption and left.

Neither the men nor the clock have been seen since.

He alone is great who turns the voice of the wind into a song made sweeter by his own loving.

(Kahil Gibran)

WHAT YOU GIVE YOU GET

'You have a rupee, I have a rupee,' said one man to another. 'We swap. You have my rupee and I have yours. We are no better off.

'But suppose you have an idea and I have an idea. We swap. We now have two ideas each.'

The more you share of yourself with others, the richer you are. The more a tree branches out, the deeper the roots sink.

APPEARANCES COUNT

A celebrated French artist, who never bothered much about his appearance, was out walking one morning, when he heard a feminine voice behind him call: 'My good man, can you carry my bundle a little way for me?' Turning, he saw a very beautiful woman; so, instead of explaining who he was, he just followed her. Finally the woman came to her home and fumbled in her purse for some change but when she offered it to him, the artist refused.

'Madam,' he said, 'I am not a porter, despite the ungracious compliment you paid to my appearance. I am an artist, and I shall be well repaid if I can make a copy of your beautiful face and send it to the next exhibition at the Academy.'

TODAY COUNTS

Before Charles M. Schwab became a great man in the steel industry, Andrew Carnegie employed him. One morning, after seeing the reports for the previous day, Schwab wired his chief enthusiastically:

'Broke all records yesterday.'

The return wire from Carnegie read simply:

'What have you done today?'

THE POWER OF THE PRESS

'I think we'll have a good potato crop,' a newspaper editor told his housekeeper one morning.

'No such thing,' asserted the housekeeper, 'I think the crop will be poor.'

Ignoring her remark, the editor proceeded to his office and caused to be inserted in the evening paper, his estimate of the crop situation.

That night, when he returned home, he found his housekeeper waiting for him with a sheepish grin on her face and a copy of the paper in her hand. 'I was wrong,' she said apologetically. 'It says right here in the paper that the crop will be excellent this year!'

THE COMPLETE PICTURE

A young monk once spent months at a Belgian monastery helping to weave a tapestry. One day, he rose from his bench in disgust: 'I have been working with a bright-yellow thread, and suddenly I'm to knot and cut it short for no reason. What a waste.'

'My son,' said the older monk, 'you are not seeing this tapestry correctly. You are sitting at the back, working on only one spot.'

He led the man to the front of the tapestry, hanging stretched in the huge workroom, and the novice gasped. He had been weaving a beautiful picture – the three kings paying homage to the Christ child – and his yellow thread was part of the gleaming halo around the baby's head. What had seemed senseless and wasteful was magnificent.

We are all part of a larger pattern. The full beauty of it we may never see.

Catherine O'Shea

You can transcend all negativity when you realize that the only power it has on you is your belief in it. As you experience this truth about yourself, you are set free.

(Eileen Caddy)

STOP MOANING, LOOK AT THE BRIGHTER SIDE

When Philip Larkin compared work to a toad, squatting on his life, it was clear he did not enjoy life at Hull university library. " Six days of the week it soils with its sickening poison," he wrote, " Just for paying a few bills! That's out of proportion."

It is not just frustrated poets and bullied schoolchildren who find the prospect of Monday mornings depressing. But while it may not be possible to enjoy one's work all the time, it is feasible to change your attitude and what you get out of your job, without actually throwing in the towel.

Personal coach Elizabeth Rowlands is an expert in helping people reassess their priorities and achieve the most they can from life and work. "It's easy to find yourself with resentful feelings," she says, " particularly in a job you don't enjoy but with commitments that mean you can't quit."

In this scenario, she says, it is important to examine your priorities: perhaps you have an elderly parent who needs support or children's schooling that cannot be interrupted. "Consider your situation," says Rowlands. " Are these priorities crucial? Could they be met in other ways? And if not, you must admit that you're choosing to be in this job based on these choices."

It may seem brutal, but the next challenge, she says is to stop whinging and start to be positive. It is true that many offices have a culture of moaning, it is a joke, a way of creating

a sense of unity with colleagues, but it can also have serious consequences on morale.

Julian Richer, chief executive of the hi-fi retailer Richer Sounds, believes moaning is unforgivable: "We have posters up reminding people about the Colleagues' Representatives and Question Time, saying: If you have a complaint, use one of these channels to tell us about it – or else shut up"

Rowlands, too, tells clients to take a stand against office whinning. " Recognise you have chosen to stay in this job because of those priorities of yours. I find people are surprised by how quickly the atmosphere can change. You have the power to change it – and that's a scary thing to admit."

Even if you feel stuck and bored in your job, most people also feel insecure, knowing that no job these days is guaranteed for life. It is therefore essential to keep yourself up to date with what is going on in your profession.

Invest in yourself, Rowlands suggests, and instead of stacking your professional magazines for later reading, set aside regular hours. Going to conferences and joining professional bodies will also help to keep your interests levels high, and it may be useful to set aside a budget for self-investment.

If you are sceptical about finding the time to read the journals, look at the wasted hours in your day. For many commuters, this is the journey that Rowlands finds many clients use successfully while travelling.

"It's all too easy to let your imagination focus on the bad things. Instead, think of the ideal work scenario. Imagine it and it's more likely to happen."

to a new class of drugs known as an angiotension II receptor blockers (ARBs)

Caveats: Bristol-Myers Squibb Co., the manufacturer of Avapro, funded the study. In addition, headache reports were based on the patients' memories. The results need to be verified in other ethnic groups.

Bottom Line: People with mild to moderate hypertension may reduce associated headache by taking irbesartan.

By Haleh V Samiei

EXERCISE HELPS HEART PATIENTS

Chicago: Vigorous daily exercise improved the health of patients with chronic heart failure by strengthening hardened arteries, German researchers have said.

Researchers at the University Leipiz said Wednesday patients who exercised regularly for six months showed significant improvement in the volume of blood pumped by their hearts.

The daily exercise, which began with frequent intense exercise and later consisted of 20 minutes on an exercise bicycle, eased the passage of blood through hardened arteries and blood vessels.

The 36 patients on the exercise programme also had lower resting heart rate than a control group who remained sedentary.

The study was published in the Journal of the American Medical Association. The failing heart becomes too weak to supply blood adequately to the body, and symptoms include

shortness of breath, weight gain and swelling of the legs.

Although many heart patients find it difficult to exercise because of their weakened

State, it would help them, said Gerald Fletcher, a cardiologist with the Mayo Clinic in Jacksonville, Florida. " In those who have heart failure, who already have hardened vessels, this study showed exercise counteracts" the problem, he said.

APPLE A DAY KEEPS TUMOURS AT BAY

Paris Eating an unpeeled apple every day is far more effective than gulping down a vitamin C pill to combat a breakdown of cells, and also boosts protection against cancer, a new research says.

A hundred grammes of fresh apples provides as much antioxidant activity as 1,500 milligrammes of vitamin C, say researchers from the department of food science at New York's Cornell University.

Vitamin c is championed by fitness fanatics for its perceived effectiveness as an antioxidant – an agent that combats destructive molecules called free radicals. These are rogue oxygen compounds produced by the body's metabolism, but also by ultraviolet light, pollution and cigarette smoke, that damage cell membranes, thus contributing to the ageing process and vulnerability to disease, including cancer. " Our results indicate that intake of natural antioxidants directly from fresh fruit could be more effective than a dietary supplement," said the researchers, publishing their findings in Nature.

RNP 70570/99
TECH/47-27/MBI/2000

Forget each kindness that you do
As soon as you have done it.
Forget the praise that falls to you
The moment you have won it.
Forget the slanders that you hear
Before you can repeat it.
Forget each slight, each spite, each sneer,
Whenever you may meet it.
Remember every kindness done
To you whate'er its measure.
Remember praise by others won
And pass it on with pleasure.

SOURCE PUBLISHERS PVT. LTD.

Tara Mahal, 5th Road, Khar (W), Mumbai - 400052
Tel.: 6001558/6465741/6057186 Fax: 6002060